


"People may not always believe what I say, but they will always believe what I do."

Schedule: Sample

January 08-14, 2017

Med calls are in the morning, midday, afternoon, evening

Time:	Sunday 08	Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
7:00	8:00 Wake Up	WAKE-UP	WAKE-UP	WAKE-UP	WAKE-UP	WAKE-UP	WAKE-UP
7:10	8:30 Breakfast Cart	DAY by DAY	DAY by DAY	DAY by DAY	DAY by DAY	DAY by DAY	Day by Day & Morning Up
	BREAKFAST & CHORES: <i>BREAKFAST:</i> : 'A' Bldg: 7:20am 'B' Bldg: 7:45am 'C' Bldg: 8:05 am						
8:45-9:15 TT	Day by Day & Morning Up @ 9:00	MORNING UP: This happens every morning and is led by the TT. It is put on the white board for each patient to evaluate themselves. Also, PLAN Afternoon EXERCISE ACTIVITY					9:00-10:00 Family Video All Men to "B" All Women to "C" 10:10-11:10 Take Good Care of Your Body Stay in "A"
9:30-11:00 Counselors	Smudge and Talking Circle 9:30-10:30 All Men to "B" All Women to "C"	<i>Thinking Errors and Defenses</i>					
11:15-11:45							
12:15-12:45	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	
	LUNCH	'A' BLDG: 11:55 am 'B' Bldg: 12:20 pm 'C' Bldg: 12:45pm					
1:15-2:45	Virtue Cards Stay in "A"	Seeking Safety All Men to "B" All Women to "C"	Seeking Safety All Men to "B" All Women to "C"	Seeking Safety All Men to "B" All Women to "C"	Seeking Safety All Men to "B" All Women to "C"	Seeking Safety All Men to "B" All Women to "C"	1:30-2:30 "Where Do You Want to be in 5 Years?" Treatment Activity Stay in "A"
MH Counselors Group							
ALL MUST ATTEND Interactive Educational Session	2:30-3:30 "Move Toward Opposite" - "A" 3:30-4:30 New Patient Orientation	3-3:30pm *EXERCISE* Mandatory Attendance	LAC Process Group 3:00-4:00 Stay in "A"	Religious Services with Brian M. @ 3:30 for men in B and 4:00 for women in C	LAC Process Group 3:00-4:00 Stay in "A"	3-3:30pm *EXERCISE* Mandatory Attendance	3-3:30pm *EXERCISE* Mandatory Attendance
ALL MUST ATTEND Interactive Ed Session	3:30-4:30 "Gratitude Letters" to family or friends	"HEP C" with Casey @ 3:30 for men in B and 4:00 for women in C				3:00-3:30 "Focus on Now" Stay in "A"	3:30-4:30 WELLBRIETY All Men to "B" All Women to "C"
	DINNER	'A' Bldg: 4:30 pm 'B' Bldg: 5:00 pm 'C' Bldg: 5:30 pm					
After Dinner	Chores	Chores	Chores	Chores	Chores	Chores	Chores
6:30-7:15	Homework	Homework	AA Meeting- B and C	Big Book - B and C New Patient Orientation	Homework	Homework	AA Regional Groups Helena Group- B and C
7:15-8:00 TT	Movie: Anonymous People	"Solve the Problem" Skills Building- "A"	Homework	Homework	"Inspire Yourself" Skills Building- "A"	"Compassion" Skills Building- "A"	Homework
Last activity	Daily Summary	Daily Summary	Daily Summary	Daily Summary	Daily Summary	Daily Summary	Daily Summary
10:30	Good Night	Good Night	Good Night	Good Night	Good Night	Good Night	Good Night

Patients are expected to attend all scheduled activities. This includes: One-on-one time with counselors, therapists, and medical staff, group work, educational topics and exercise time. **WEEK 3**